



*All Services are Free Unless Otherwise Noted.*

All classes are subject to change without notice. Please call before attending. If you require Spanish translation for any training/event, email [traininginfo@westsideregionalcenter.org](mailto:traininginfo@westsideregionalcenter.org) or call 310-258-4209 within one week of the meeting. Please include your name, phone number and the name of the training that you would like to have translated.

**Attention Service Providers:** If you would like to take the DSP 1 or DSP 2 class, you must enroll directly through the DSP Training website at <https://www.dsptrain.org/>. If you are in the process of becoming a vendor, you will need to request a letter from the Quality Assurance Specialist that you are working with.

**Service Provider Trainings**

**SEPTEMBER**

**September 12—Wednesday; 10:00am – 12:00pm**

**HOME AND COMMUNITY BASED SERVICES (HCBS) INFORMATION SESSION**

**Conference Room 4D**

This information session will cover the **Home and Community Based Services (HCBS)-CMS Final Rule** which requires that all HCBS meet certain qualifications for integration and support, enabling full access to the greater community; promoting individual choice, rights, freedom and independence in making life choices. This session will additionally cover **Person Centered Planning** (an approach to determining, planning for and working toward the preferred future of a person based on their strengths, capabilities, preferences, lifestyle and cultural background), **Risk Assessment** (identifying and documenting safeguards, supports, education and training necessary for individual service planning), as well as the **Workforce Innovation & Opportunity Act, Employment First** and overview of **ABLE Savings Plans** (key employment legislation, policy, philosophy and practice). This information session is one hour long and agency providers are encouraged to stay after the first hour for discussion and review of the Provider Self-Assessment Questionnaire and Funding Incentives. This session is open to all staff, providers, individuals and families. **Link to Register:** <https://hcbs-september.eventbrite.com>

**September 13—Thursday; 7:00pm – 8:30pm**

**SELF-DETERMINATION INFORMATION SESSION (ENGLISH)**

**Conference 4a \*\*This is the last SD Info.Session in English at WRC before the Lottery\*\***

Receive services through a regional center? Learn more about the new Self-Determination Program. You will learn:

- How the program allows you to make meaningful choices about the way you live your life!
- How the program will work.
- How you can get support from others to be part of the program.
- How you can sign up for the lottery to be picked for the first 3-year phase-in.

NOTE: To sign up for the Self-Determination lottery, you or your family member will need their Unique Client Identifier (UCI) number. If you do not know your UCI #, contact your Service Coordinator to get it. Sponsored by the Self-Determination Local Advisory Committee of the Westside Regional Center *\*\*If needed, additional childcare hours can be requested through your service coordinator.* **Link to register:** <https://www.eventbrite.com/e/informational-meeting-on-the-self-determination-program-tickets-47754282344>

**September 24—Monday; 8:30am – 1:00pm**

**CA APSE PRESENTS: SUPPORT A RICH LIFE WITH EMPLOYMENT**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

You're invited to "Support A Rich Life With Employment" presented by CA APSE.

The Program will provide practical hands on training:

- Create services and supports that move beyond walls and programs to services that support full inclusion and employment
- Organizational strategic planning
- Partnering with self-advocates and families
- Nuts and bolts of daily support strategies and staff training
- Aligning budgets to values
- Successes from around California. \$75 per person or \$50 for CalAPSE members; For sponsorship opportunities, please contact Sonni Bendet- [sonni@guidelightgroup](mailto:sonni@guidelightgroup) **Flyer:** [CA APSE Social 9.24.18 Event](#); **Link to Register:** <https://conta.cc/2OV5IHK>

**September 26—Wednesday; 10:00am – 12:00pm**

**SOCIAL SECURITY ADMINISTRATION (SSA): WHAT BENEFITS ARE AVAILABLE AND HOW DOES WORKING AFFECT THE AMOUNT RECEIVED?**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

Joy Tshako, Area Work Incentives Coordinator (AWIC) from the Social Security Administration (SSA) will present information on the disability benefits available at SSA: Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). Joy will also cover how work affects these cash benefits, as well as the medical benefits, Medicare and Medi-Cal. Please RSVP here: <https://www.eventbrite.com/e/social-security-work-incentivesseguridad-social-incentivos-laborales-tickets-49235092487>

**September 26 & 27—Wednesday & Thursday; 8:30am – 4:00pm (2 Day Course)**

**NON-VIOLENT CRISIS INTERVENTION COURSE (CPI)**

**Conference Room 4D**

Please read carefully, as WRC has a new enrollment policy and procedure for the CPI course:

- **This class is available for Westside Regional Center service providers only. Those who are not WRC service providers should contact CPI directly to locate an alternative course.**
- All registration and payment for the course must be completed online no later than **2 business days before the training. We will no longer be accepting checks for our courses and we will not be able to admit you if you have not paid ahead of time. This means no walk-ins will be admitted.**
- We will be using Eventbrite for registration and payment. The cost of the class is \$20 a person. Eventbrite accepts PayPal and all major credit cards. **Once you receive your confirmation email and ticket, print it out and ensure that the person attending the training brings it with them.**
- **\*\*Important: Upon paying online, please send a follow-up email to [traininginfo@westsiderc.org](mailto:traininginfo@westsiderc.org) with the name of your organization, your vendor number and name of the participants you are registering for. Registration is not complete until you have sent this email.\*\***
- If you have not taken CPI since January 2016, you will need to take the full 2-day course instead of the refresher.

- Please make sure you sign up for the correct class. **There are no refunds available.**
- If you are having an issue navigating the online registration, you may call 310-258-4001 and ask to speak with Angela Edmond.
- **This is a two day course. Participants must complete both days of training in order to receive certification.**

**Course Description:** Non-violent crisis intervention is a safe, non-harmful behavior management system designed to help professionals provide for the best possible care and welfare of individuals, even during the most violent situations. This course will assist the professional to develop skills in early and appropriate intervention for potential crisis situations while keeping in mind the care, welfare, safety and security of all involved. Participants should wear comfortable clothes, must be physically able to participate, must take a written pre and post-test independently, and must attend all days in order to complete this class. **Link to Register:** <https://september2018cpi.eventbrite.com>

## **OCTOBER**

### **October 2 – 25 (8 Days); 1:00pm–3:00pm**

#### **RESIDENTIAL SERVICES ORIENTATION—SPRING 2018**

DAY 1 OCTOBER 2 Introduction to the Regional Center & Title 17 Regulations

DAY 2 OCTOBER 4 Client Rights in Residential Settings

DAY 3 OCTOBER 9 Medication Training

DAY 4 OCTOBER 11 P & I Procedures / Safeguarding Client funds

DAY 5 OCTOBER 16 Vendorization Procedure, Program Design, Life Quality

DAY 6 OCTOBER 18 Quality Assurance Monitoring and Record Maintenance

DAY 7 OCTOBER 23 Access Requirements, Documentation and Staff Training

DAY 8 OCTOBER 25 Special Incident Reporting and Risk Management

**All classes begin promptly at 1:00 P.M. and end at approximately 3:00 P.M.**

- **There is a \$200.00 registration and materials fee.**
- **All 8 sessions must be completed in order to receive the certificate of completion.**
- **Those arriving more than 15 minutes late will not be admitted to the class.**

**Please contact Joseph Montez at (310) 258-4014 for more information. To register, click on the following link:** <https://wrcfallrso.eventbrite.com>

### **October 10 —Wednesday; 1:30pm – 3:30pm**

#### **HANDLING CAREGIVER ANGER & STRESS (1/2 IN THIS SERIES)**

##### **Danneker Boardroom**

This training emphasizes the importance of managing emotions and personal crises. Presented by the Crisis Response Project, the training is intended for Direct Support Professionals, Administrators, friends, and family members. Tools will be provided in assisting caregivers with anger management and remaining calm while managing crisis. Interventions to avoid, as well as preventative strategies to implement, will be discussed. Throughout the training, attendee interaction and role play will be encouraged. Each participant will be welcomed to create a personal self-control plan. **This is part 1/2 in this series. To get the most out of this series it is recommended that participants attend both sessions in the series. Part 2 will take place on 12/4/18. Space is limited!** **Link to Register:** <https://handlingcaregiverstress.eventbrite.com>

### **October 17—Wednesday; 9:00am – 12:00pm**

#### **WRC CAREER FAIR**

##### **Danneker Boardroom, 3<sup>rd</sup> Floor**

October is National Disability Awareness Month. In honor of this occasion, WRC is hosting a Career Fair! We are seeking employers, businesses, recruiters and those looking for employment. Career resources will be available at this event. If you have questions please contact PamelaA@westsiderc.org or 310-258-4276.

**Link to Register for Employer/Business:** <https://www.eventbrite.com/e/wrc-career-fair-employer-recruiter-registration-only-tickets-49236951046>

**Link to Register for Job Seekers:** <https://www.eventbrite.com/e/wrc-career-fair-job-seeker-registration-only-tickets-49237079430>

**October 18—Thursday; 2:00pm – 4:00pm**

**HOME AND COMMUNITY BASED SERVICES (HCBS) INFORMATION SESSION**

**Danneker Boardroom**

This information session will cover the **Home and Community Based Services (HCBS)-CMS Final Rule** which requires that all HCBS meet certain qualifications for integration and support, enabling full access to the greater community; promoting individual choice, rights, freedom and independence in making life choices. This session will additionally cover **Person Centered Planning** (an approach to determining, planning for and working toward the preferred future of a person based on their strengths, capabilities, preferences, lifestyle and cultural background), **Risk Assessment** (identifying and documenting safeguards, supports, education and training necessary for individual service planning), as well as the **Workforce Innovation & Opportunity Act, Employment First** and overview of **ABLE Savings Plans** (key employment legislation, policy, philosophy and practice). This information session is one hour long and agency providers are encouraged to stay after the first hour for discussion and review of the Provider Self-Assessment Questionnaire and Funding Incentives. This session is open to all staff, providers, individuals and families. **Link to Register:** <https://hcbsoctober2018.eventbrite.com>

**October 19—Friday; 8:30am – 4:00pm**

**CPI REFRESHER COURSE**

**Conference Room 4D**

Please read carefully, as WRC has a new enrollment policy and procedure for the CPI course:

- This class is available for **Westside Regional Center service providers only. Those who are not WRC service providers should contact CPI directly to locate an alternative course.**
- All registration and payment for the course must be completed online no later than **2 business days before the training. We will no longer be accepting checks for our courses and we will not be able to admit you if you have not paid ahead of time. This means no walk-ins will be admitted.**
- We will be using Eventbrite for registration and payment. The cost of the class is \$20 a person. Eventbrite accepts PayPal and all major credit cards. **Once you receive your confirmation email and ticket, print it out and ensure that the person attending the training brings it with them.**
- **\*\*Important: Upon paying online, please send a follow-up email to [traininginfo@westsiderc.org](mailto:traininginfo@westsiderc.org) with the name of your organization, your vendor number and name of the participants you are registering for. Registration is not complete until you have sent this email.\*\***
- Please make sure you sign up for the correct class. **There are no refunds available.** If you are having an issue navigating the online registration, you may call 310-258-4001 and ask to speak with Angela Edmond.
- **This is a one day Refresher course. If you have not taken CPI since January 2016, you will need to take the full 2-day course instead of the refresher.**
- **Course Description:** Non-violent crisis intervention is a safe, non-harmful behavior management system designed to help professionals provide for the best possible care and welfare of individuals, even during the most violent situations. This course will assist the professional to develop skills in early and appropriate intervention for potential crisis situations while keeping in mind the care, welfare, safety and security of all involved. Participants should wear comfortable clothes, must be physically able to participate, must take a written pre and post-test independently, and must attend all days in order to complete this class.

**Link to Register:** <https://refresheroctober.eventbrite.com>

**October 22—Monday; 10:00am – 11:30pm**

**ORAL HEALTH BEST PRACTICES FOR PATIENTS WITH SPECIAL NEEDS**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This class will provide an opportunity to review oral health complexities for adult patients with special needs. We will discuss hygiene best practices and tools that can be used to support adult patients with both physical and behavioral challenges. Please note that WRC will be providing limited childcare for this event for children from ages 0-13. Please contact FRC directly at 310-258-4063 no later than 4 days prior to the session to reserve childcare and provide information on your child's needs. **Link to Register:** <https://oralhealthforid.eventbrite.com>

**October 24 & 25—Wednesday & Thursday; 8:30am – 4:00pm (2 Day Course)**

**NON-VIOLENT CRISIS INTERVENTION COURSE (CPI)**

**Conference Room 4D**

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**October 30—Tuesday; 10:00am – 12:00pm**

**BI-MONTHLY SERVICE PROVIDER TRAINING: SPECIAL INCIDENT REPORTING**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

Presented by: Berndatte Darcoa

**Link to register:** <https://sirforserviceproviders.eventbrite.com>

**Recurring Meetings for Service Providers**

**SEPTEMBER**

**September 18—Tuesday; 10:30am – 11:30am**

**SERVICE PROVIDERS ADVISORY COMMITTEE MEETING**

The WRC Service Provider Advisory Committee (SPAC) is open to anyone who provides a vendored service to WRC clients. WRC encourages all vendors to attend. This is your

opportunity to find out about what's happening at the Regional Center, and give your input and ideas to the WRC Board of Directors. Rotating SPAC members host a continental breakfast each month. New members are WELCOME! **Contact Joe Montez at (310) 258-4014.**

**September 18—Tuesday 1:00pm – 2:30pm**

**EMPLOYMENT FIRST BUSINESS ADVISORY COMMITTEE**

**Conference Room 4a**

The WRC Employment First Business Advisory Committee is looking for a diverse group of individuals and would love to see business owners join! The purpose of the committee is to partner and collaborate; promote outreach and education regarding community-based, integrated employment, resulting in the full inclusion of people with disabilities in the workplace and community.

**Please inquire about joining the committee with Pam Arturi at [pamelaa@westsiderc.org](mailto:pamelaa@westsiderc.org) or 310-258-4276.**

**September 19 —Wednesday; 2:00pm – 3:30pm**

**WRC SUPPORTED EMPLOYMENT ROUNDTABLE (BI-MONTHLY MEETING)**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This is a forum for Supported Employment Provider Agencies to receive support, education, feedback and information sharing. Meetings are held every other month on the third Wednesday of the month. No RSVP is required.

***OCTOBER***

**October 16—Tuesday; 10:30am – 12:00pm**

**SERVICE PROVIDERS ADVISORY COMMITTEE MEETING**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

The WRC Service Provider Advisory Committee (SPAC) is open to anyone who provides a vendored service to WRC clients. WRC encourages all vendors to attend. This is your opportunity to find out about what's happening at the Regional Center, and give your input and ideas to the WRC Board of Directors. Rotating SPAC members host a continental breakfast each month. New members are WELCOME! **Contact Joe Montez at (310) 258-4014.**

**October 17—Wednesday; 1:00pm –2:30pm**

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**Please inquire about joining the committee with Pam Arturi at [pamelaa@westsiderc.org](mailto:pamelaa@westsiderc.org) or 310-258-4276.**

**Monthly Public Meetings**

***SEPTEMBER***

**September 12—Wednesday; 4:30pm – 6:00pm**

**CLIENT SERVICES COMMITTEE MEETING**

**Conference Room 4D**

The Client Services Committee reviews services and policies as they relate to clients and families.

**September 12—Wednesday; 6:00pm – 8:00pm**

**BOARD OF DIRECTORS MEETING**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

The Board Meeting is being held on Wednesday, September 12 at 6:00PM at Westside Regional Center 5901 Green Valley Circle, Mike Danneker Boardroom on the 3rd Floor, Culver City, CA 90230.

**September 17—Monday; 6:00pm – 8:00pm**

**SELF-DETERMINATION TASK FORCE**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This is a public meeting typically held on the second Tuesday of each month at 6:00pm. The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent the Regional Center and the Department of Developmental Services.

**OCTOBER**

*\*No Board Meeting in October\**

**October 3—Wednesday; 4:30pm – 6:00pm**

**CLIENT SERVICES COMMITTEE MEETING**

**Conference Room 4D**

The Client Services Committee reviews services and policies as they relate to clients and families.

**October 9 —Tuesday; 5:00pm – 6:00pm**

**POLITICAL ACTION COMMITTEE**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

The PAC is looking for new members who would like to get involved with Grassroots Advocacy. Please come out to the meeting to share ideas and hear about Westside’s newest grassroots initiative. All are welcome! No RSVP is necessary. This committee meets on the 2nd Tuesday of every month unless otherwise noted.

**October 9—Tuesday; 6:00pm – 8:00pm**

**SELF-DETERMINATION TASK FORCE**

**Conference Room: 4A**

This is a public meeting typically held on the second Tuesday of each month at 6:00pm. The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent the Regional Center and the Department of Developmental Services.

**Monthly Support Groups and Workshops by WRC Family Resource and Empowerment Center**

**SEPTEMBER**

**September 6—Thursday; 6:30pm – 8:30pm**

**INFORMED EDUCATION PARTNERS (FOR WESTSIDE FAMILIES ONLY)**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This group provides information and strategies to assist parents to become stronger advocates at their Individualized Education Planning meeting with the school districts. Meets 1st Thursday of each month. **Call (310)258-4063 to RSVP.** *Limited childcare available.*

**September 8—Saturday; 9:00am – 1:00pm**

**SIB SHOP**

**Conference Room 4D**

Sibshop is a support program for siblings of children who have special health, mental health, and developmental needs. Sibshop acknowledges that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many something in between. Sibshops are opportunities for brothers and sisters of children with special needs to obtain peer support and education within a recreational environment. For more information on joining this sibling support group, call the Westside Family Resource and Empowerment Center at (310) 258-4063. This group is for families served by Westside Regional Center only.

**September 11—Tuesday**  
**IHSS WORKSHOP SERIES**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

The Westside Family Resource Empowerment Center (WFREC) is offering workshops to help WRC clients and families learn about In-Home Supportive Services (IHSS). For more information and to **RSVP call the FREC at 310-258-4063**. No walk-ins will be admitted. You **MUST** RSVP for this workshop.

**Orientation to the IHSS Program**

This session is for individuals who are initially applying for IHSS or want to know more about the basic steps of the application process.

This workshop is held in English on the 2nd Tuesday of every month.

**Workshop Time: 10:00AM - 12:00PM**

Location: 3rd Floor, Danneker Boardroom

**Advanced IHSS Training**

This session is for individuals who need more in-depth information about the IHSS program and who may be in the process of appealing, requesting more hours or requesting re-evaluations. Please bring your IHSS "Notification of Action" (NOA) and any other documentation you want to share pertaining to IHSS.

**September 12—Wednesday; 10:00am – 12:00pm**

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This information session will cover the **Home and Community Based Services (HCBS)-CMS Final Rule** which requires that all HCBS meet certain qualifications for integration and support, enabling full access to the greater community; promoting individual choice, rights, freedom and independence in making life choices. This session will additionally cover **Person Centered Planning** (an approach to determining, planning for and working toward the preferred future of a person based on their strengths, capabilities, preferences, lifestyle and cultural background), **Risk**

**Assessment** (identifying and documenting safeguards, supports, education and training necessary for individual service planning), as well as the **Workforce Innovation & Opportunity**

**Act, Employment First** and overview of **ABLE Savings Plans** (key employment legislation, policy, philosophy and practice). This information session is one hour long and agency providers are encouraged to stay after the first hour for discussion and review of the Provider Self-Assessment Questionnaire and Funding Incentives. This session is open to all staff, providers, individuals and families. **Link to Register:** <https://hcbs-september.eventbrite.com>

**September 18—Tuesday; 3:00pm – 4:00pm**

**LETS TALK SELF-ADVOCACY**

**Conference Room 4E**

Are you an individual receiving services from WRC? Want to learn more about self-advocacy? Want to meet others who can support you in advocating for yourself? Want to get your point across and



still get your needs met? Or, do you want to encourage, support or teach others the skill of advocating for themselves? If you answered "YES" to any of these questions, please join us. Bring your questions, ideas, bring a friend, we will listen and troubleshoot with you. If you have questions or need more information, please call Linda Butler at (310) 258-4245. Linda, Coordinator of Self-Advocacy for the WRC, will be available for individuals, families, and support staff to come discuss issues of Self-Advocacy. We meet at WRC in the 4th Floor Meeting Room. Take the elevator to the 4th floor and follow the signs to our group!

**September 18—Tuesday; 6:30pm – 9:00pm**

**WEST L.A. CHADD**

**Conference Room 4A**

A group affiliated with CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder) with monthly meetings and different presenters every month. The West LA Chapter meetings are designed to aid adults with ADD/ADHD and parents of children with ADHD/ADD. This group meets 9 times per year (September to November, January to May) the 3rd Tuesday of each month from 7:00pm-8:30pm. For more information, call Regina Lark at 310-995-7953 or visit their **website**.

**September 20—Thursday; 6:30pm – 8:30pm**

**AFRICAN AMERICAN FAMILIES SUPPORT GROUP**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

**AFRICAN AMERICAN/ BLACK FAMILIES SUPPORT GROUP**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

Please join us and be a part of our conversation: our safety, our resources, our concerns, our needed services and more. Special Guest Speakers featured every month. Please contact the WFREC for childcare at: 310-258-4063. We have limited space. You must call to reserve child care for children (ages 3 to 13 years of age) by the Wednesday before the meeting.

**September 21—Friday; 6:30pm – 8:30pm**

**SUPPORT GROUP FOR PARENTS OF ETHIOPIAN CHILDREN WITH SPECIAL NEEDS**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This support group focuses on various challenging issues that Ethiopian families face once their child has been identified with special needs. The objective of this group is to support each other, to share experiences, to empower families, to educate and inform families of resources, and to become an organized community base resource. Meets the 3rd Friday of each month. **For more information, please contact Feben Fantu at (310)258-4037 or (310)447-5111.** Limited childcare available. To RSVP for childcare, please call the FREC at (310)258-4063.

**September 24—Monday; 8:30am – 1:00pm**

**CA APSE PRESENTS: SUPPORT A RICH LIFE WITH EMPLOYMENT**

You're invited to "Support A Rich Life With Employment" presented by CA APSE.

The Program will provide practical hands on training:

- Create services and supports that move beyond walls and programs to services that support full inclusion and employment
- Organizational strategic planning
- Partnering with self-advocates and families
- Nuts and bolts of daily support strategies and staff training
- Aligning budgets to values
- Successes from around California

\$75 per person or \$50 for CalAPSE members; For sponsorship opportunities, please contact Sonni

Bendet- [sonni@guidelightgroup](mailto:sonni@guidelightgroup) **Flyer: [CA APSE Social 9.24.18 Event](#); [Link to Register](#):**

<https://conta.cc/2OV5IHK>

**September 26—Wednesday; 10:00am – 12:00pm**

**SOCIAL SECURITY ADMINISTRATION (SSA): WHAT BENEFITS ARE AVAILABLE AND HOW DOES WORKING AFFECT THE AMOUNT RECEIVED?**

**Danneker Boardroom**

Joy Tshako, Area Work Incentives Coordinator (AWIC) from the Social Security Administration (SSA) will present information on the disability benefits available at SSA: Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). Joy will also cover how work affects these cash benefits, as well as the medical benefits, Medicare and Medi-Cal. Please RSVP here: <https://www.eventbrite.com/e/social-security-work-incentivesseguridad-social-incentivos-laborales-tickets-49235092487>

**OCTOBER**

**October 4—Thursday; 6:30pm – 8:30pm**

**INFORMED EDUCATION PARTNERS (FOR WESTSIDE FAMILIES ONLY)**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

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**October 9—Tuesday**

**IHSS WORKSHOP SERIES**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

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This workshop is held in English on the 2nd Tuesday of every month.

**Workshop Time: 10:00AM - 12:00PM**

Location: 3rd Floor, Danneker Boardroom

**Advanced IHSS Training**

This session is for individuals who need more in-depth information about the IHSS program and who may be in the process of appealing, requesting more hours or requesting re-evaluations. Please bring your IHSS "Notification of Action" (NOA) and any other documentation you want to share pertaining to IHSS.

This workshop is held in English on the 2nd Tuesday of every month.

**Workshop Time: 1:30PM - 3:30PM**

Location: WFREC Library (inside the center)

**October 13—Saturday; 9:00am – 1:00pm**

**SIB SHOP**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

Sibshop is a support program for siblings of children who have special health, mental health, and developmental needs. Sibshop acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many something in between. Sibshops are opportunities for brothers and sisters of children with special needs to obtain peer

support and education within a recreational environment. For more information on joining this sibling support group, call the Westside Family Resource and Empowerment Center at (310) 258-4063. This group is for families served by Westside Regional Center only.

**October 16—Tuesday; 3:00pm – 4:00pm**

**LETS TALK SELF-ADVOCACY**

**Conference Room 4B**

Are you an individual receiving services from WRC? Want to learn more about self-advocacy? Want to meet others who can support you in advocating for yourself? Want to get your point across and still get your needs met? Or, do you want to encourage, support or teach others the skill of advocating for themselves? If you answered “YES” to any of these questions, please join us. Bring your questions, ideas, bring a friend, we will listen and troubleshoot with you. If you have questions or need more information, please call **Linda Butler at (310) 258-4245**. Linda, Coordinator of Self-Advocacy for the WRC, will be available for individuals, families, and support staff to come discuss issues of Self-Advocacy. We meet at WRC in the 4th Floor Meeting Room. **Take the elevator to the 4th floor and follow the signs to our group!**

**October 16—Tuesday; 6:30pm – 9:00pm**

**WEST L.A. CHADD**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

A group affiliated with CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder) with monthly meetings and different presenters every month. The West LA Chapter meetings are designed to aid adults with ADD/ADHD and parents of children with ADHD/ADD. This group meets 9 times per year (September to November, January to May) the 3rd Tuesday of each month from 7:00pm-8:30pm. For more information, call Regina Lark at 310-995-7953 or visit their **website**.

**October 18—Thursday; 6:30pm – 8:30pm**

**AFRICAN AMERICAN/ BLACK FAMILIES SUPPORT GROUP**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

Please join us and be a part of our conversation: our safety, our resources, our concerns, our needed services and more. Special Guest Speakers featured every month. Please contact the WFREC for childcare at: 310-258-4063. We have limited space. You must call to reserve child care for children (ages 3 to 13 years of age) by the Friday before the meeting.

**October 19—Friday; 6:30pm – 8:30pm**

**SUPPORT GROUP FOR PARENTS OF ETHIOPIAN CHILDREN WITH SPECIAL NEEDS**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This support group focuses on various challenging issues that Ethiopian families face once their child has been identified with special needs. The objective of this group is to support each other, to share experiences, to empower families, to educate and inform families of resources, and to become an organized community base resource. Meets the 3rd Friday of each month. **For more information, please contact Feben Fantu at (310)258-4037 or (310)447-5111**. Limited childcare available. To RSVP for childcare, please call the FREC at (310)258-4063.

**October 22—Monday; 10:00am – 11:30pm**

**ORAL HEALTH BEST PRACTICES FOR PATIENTS WITH SPECIAL NEEDS**

**Danneker Boardroom, 3<sup>rd</sup> Floor**

This class will provide an opportunity to review oral health complexities for adult patients with special needs. We will discuss hygiene best practices and tools that can be used to support adult patients with both physical and behavioral challenges. **Link to Register:**

**<https://oralhealthforid.eventbrite.com>**

# Networking and Life Skills Group

Join Us!

The **Second THURSDAY** of each month & The **Third WEDNESDAY** of each month

**4:30 pm – 6:30 pm**

**Westside Regional Center**

**5901 Green Valley Circle, Culver City**

***Fun Activities \* Yummy Snacks \* Get Social – Hang out with your Friends and Meet new ones***

***\* Participate in Interactive Presentations \****

## **Who comes to this fun group?**

*Adults who want to be social  
and have fun!*

## **May I bring a friend?**

*Of course! Bring a friend and  
you will also make friends at the  
group.*

## **Is there food?**

*YES! We have tasty  
refreshments.*

## **How much does it cost to go?**

*It's FREE! That's right, FREE!*



## **What if I'm looking for a roommate?**

*Attend a "Networking" meeting*

## **September 2018 – October 2018**

**September 13th – You and Your Service Coordinator**

**September 19th - Work is for everyone**

**October 11th- Get Creative Night**

**October 17th - Mindfulness and meditation**

